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Your essential daily news | WEDNESDAY, DECEMBER 23, 2015

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EDMONTON MAC STORES

Laylin Delorme facing charges for murder and robbery

Parole-board documents say one of three people charged with killing two convenience store clerks in Edmonton was a drug dealer with gang ties who was prone to violence.

The board noted that Laylin Delorme made attempts to improve himself behind bars, but his continued allegiance to gang life left the panel doubting his commitment to change.

Delorme, 24, was sentenced in January 2011 to two years in prison for several offences that included selling crack cocaine and a car jack in which he hit

a driver in the head with a gun.

The board said that while behind bars, Delorme was an active gang member.

"Your institutional behaviour has been poor with involvement in the gang subculture, violence, substance abuse and threats to other inmates," the board wrote later that year when it denied him day parole. "Your release at this time would present undue risk to the public's safety."

Delorme completed the sentence in 2013 and served several short stints in jail for offences including mischief and assault with a weapon, before his arrest last Friday.

He, along with 27-year-old Colton Steinhauer and a 13-year-old boy, are charged with first-degree murder, robbery and other offences stemming from the deadly holdups.

THE CANADIAN PRESS

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Mohamed Ali offers his truck for refugee donations

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KEVIN TUONG/FOR METRO

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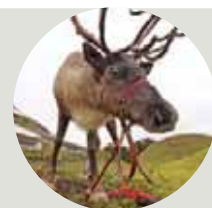
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Project Watch checking in

SUPPORT

City's vulnerable get visit from team of police, social agencies



Andrea Ross
Metro | Edmonton

Melissa Desjarlais was in tears when the Project Watch task force first knocked on her door at the Lodge Motor Inn two weeks ago.

It wasn't because she was scared of the police but because she was so happy to see someone checking in on her and her six-year-old son, Trey.

Desjarlais has been living in a small room at the motel since Oct. 9. She had experienced bouts of homelessness after moving to Edmonton in 2008 and didn't think anyone cared where she was living anymore.

"They asked how old the little one was and introduced them-

selves," Desjarlais said of that first visit from the Project Watch team. "They said they'd come before Christmas and asked if I was getting anything for Christmas."

On Tuesday, half-a-dozen members from Project Watch returned to the west-end motel to check on the 16 families currently living there.

They gave out red plastic firefighter hats, stickers, colouring books and crayons to the children. They asked their parents whether they had enough food for the holidays and passed out lists of places serving free Christmas dinners.

Project Watch began in 2014 with the Edmonton police but soon expanded to include other social agencies. The initial focus was on investigating motel rooms the province used to house vulnerable Albertans. Many of these rooms were in a deplorable state.

Almost 140 vulnerable families are currently living in Edmonton motels like the aging, two-storey Lodge Motor Inn.

When the team first inspected the motel in September 2014, more than 20 families were living



Melissa Desjarlais and her son, Trey Chille, 6, in their room at the Lodge Motor Inn. ANDREA ROSS/METRO

there. Problems with the building included bed bug and mice infestations, smoke alarms that weren't working, broken staircases and railings, and mould.

Today, most of the beds have been replaced, the stairs and railing have been repaired and all the smoke alarms work.

"The biggest thing now is just trying to support the motel and make sure that the families are taken care of during the holiday season," Edmonton Police Service Det. Kevin Fald said.

Desjarlais said her support worker is helping her look for a permanent home for her family, but she expects to spend Christ-

mas in the motel.

Earlier this month, Desjarlais moved into a small room with a kitchenette. With a \$70 gift card from the Christmas Bureau, she bought a turkey to cook on Christmas Day.

"Christmas is Christmas, and I don't go without a meal," she said. "That's the most important part. We'll do the turkey, the presents and family. That's all that matters. All the fixings, everything the kids enjoy."

Desjarlais said she only has one wish for the upcoming year.

"A home," she said. "I'm trying to find a big enough home for us." WITH FILES FROM RYAN TUMILTY

+ A LIFESAVER

Project Watch began as an investigation into high crime rates around certain west-end motels, which police eventually found were being rented out by the province and were in dire condition.

The team consists of police, fire inspectors, health inspectors, staff from Alberta Works and Child and Family Services, city staff and Occupational Health and Safety officers.

Edmonton police Chief

Rod Knecht recently said the project has kept people alive.

"I honestly believe, based on the briefings that I have now got on Project Watch, that Project Watch has saved lives," Knecht said in a year-end interview with Metro.

"There is no question about it."

MORE LOCAL NEWS ONLINE



Bonnie Barrigan, with Alberta Works - Human Services, knocks on doors at the Lodge Motor Inn with Det. Kevin Fald on Tuesday. ANDREA ROSS/METRO

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Donations flooding in

MIGRANT CRISIS

Volunteers needed to sort clothes, toys for refugees



Alex Boyd
Metro | Edmonton

The loading dock at Edmonton Emergency Relief Services was a hive of activity Tuesday as a chain of staff, police officers and community volunteers shuttled bag after bag into the building.

Ever since the Liberal government announced it would bring 25,000 refugees into Canada, the flood of donations has been "mind blowing," says Erick Ambtman, the executive director of the Edmonton Menonite Centre for Newcomers. Edmonton is expected to receive about 1,500 people.

As a result, the EMCN, Islamic Family Social Services and the Relief Services are creating one central hub for sorting and distributing clothes, household goods and children's toys.



Volunteers unload a truck full of goods for Syrian refugees on Tuesday. KEVIN TUONG/FOR METRO

Mohamed Ali, owner of Green Transport in Edmonton, provided the 24-foot truck being unloaded by volunteers.

"I was an immigrant, my parents had it really rough coming in," Ali said. "Now I do stand up comedy, I get to have my own trucking company, I get to be



It means so much to know someone has your back.

Radwan Mohamed, Islamic Family Social Services

involved in the local arts scene.

"To help give someone else that chance, there's nothing better."

Ambtman said he's never seen so many people volunteering to help. There are former refugees wanting to assist the next wave of arrivals, business

people donating duplexes and grandmothers knitting scarves and tuques.

"Last night a group of 10-year-old soccer players came to a welcome event and gave other 10-year-old boys and girls soccer balls," he said. "It's amazing."

Radwan Mohamed, communications chair for IFSSA, said most refugees who have arrived so far have been privately sponsored, so they typically have family here to help. But these donations will be crucial for the coming wave of government-sponsored refugees who will have less.

He also said the donations will be available to anyone in need, not just new arrivals. Standing by a pile of donated goods that almost reaches the ceiling, he said the city's generosity has been overwhelming.

"Being on the front lines, it means so much to know someone has your back," he said. "It's called the City of Champions for a reason."

If you're looking to help, Ambtman said the biggest need is volunteers to sort donations, and money for the EMCN's Emergency Fund.

ERITREANS

Group feels ignored

As Syrian refugees start arriving in Edmonton, members of the city's sizable Eritrean community question the "unfairness of the treatment" between Syrian and Eritrean refugees.

Zedingle Ghebremusse, who sits on the board of the Eritrean Community Association of Edmonton, said he supports Canada helping Syrian refugees, but added there are hundreds of thousands of Eritrean refugees stuck in camps — many who've braved crossing the Mediterranean or the Sahara desert to flee forced military service and a crackdown on religious freedoms.

"It's nice that they are helping the Syrian refugees, but most of the Eritreans (in Edmonton) are trying to actually sponsor family members, and their sponsorship applications are taking since 2010, a long time," he said.

"We don't hear (from the government), we can't even ask."

TIM QUERENGESSER/METRO

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Families Share The Cheer

CHRISTMAS

International students at U of A get warm holiday meal



Andrea Ross
Metro | Edmonton

Flying home to India for the holidays this year wasn't an option for University of Alberta student Suresh Bairwa — but that doesn't mean he'll be spending Christmas Day alone on campus.

The first-year PhD student will be tucking into a turkey dinner thanks to Share The Cheer, a campus program that pairs around 180 international students who are staying in town for the holidays with families eager to host them.

"There's not many student on campus right now and it's

kind of spooky," Bairwa said of the university's hallways.

"Those who don't know about Christmas, how will they celebrate it? (Share The Cheer) is a perfect way to let the students know how it's celebrated."

December can be a lonely month for international students who remain on campus away from their families, Doug Weir, executive director of student programs and services, said.

Started in 2012, Share The Cheer offers students the opportunity to share a meal, experience some Christmas traditions and make some new friends.



I have a list of things to do — ice skating, snowboarding, so many things.

Suresh Bairwa, student

Many university staff open their doors to students, Weir said.

"For my family, it's great to bring international guests to help share with our children what other parts of the world are like," he said.

"We often end up talking about what the major holidays are elsewhere and how they're celebrated in those students'



Suresh Bairwa, an international student from India, will be spending Christmas with a host family found through the Share The Cheer program at the University of Alberta. KEVIN TUONG/FOR METRO

home countries."

Bairwa said Christmas celebrations at home in Jaipur, India aren't quite like those in Edmonton.

The malls are filled with Christmas decorations and

Santas, he said, and his family will dress up for a traditional Indian meal.

But it's no white Christmas. So aside from his upcoming turkey dinner, there are a few more holiday traditions Bairwa can't

wait to try this winter.

"Winter here is a reason to celebrate," Bairwa said. "I have a list of things to do — ice skating, snowboarding, so many things.

"I'll be sending my family a lot of pictures of Christmas."

COURT

Crown files appeal of Suter sentence

The Crown wants a harsher penalty for a man who crashed his SUV onto an Edmonton restaurant patio and killed a boy.

Two-year-old Geo Mounsef was having dinner with his parents and baby brother at Ric's Grill in May 2013 when the SUV pinned him against a wall and he died.

The Crown's office says in a statement on Twitter it has filed a notice of appeal against the sentence given to Richard Suter.

Suter, a 65-year-old retired businessman, pleaded guilty to failing to provide a breath sample in a death.

A provincial court judge, saying the gravity of the crime called for some time behind bars, sentenced Suter last week to four months. The Crown had argued he should be sent to prison for three years.

The judge further took into account that Suter and his family have been subject to "extreme vitriol, public scorn and threats ... as well as violent vigilante actions" since the crash.

THE CANADIAN PRESS

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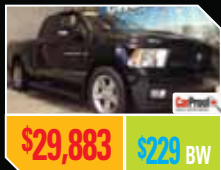
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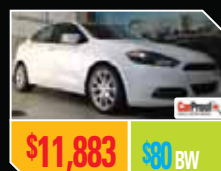
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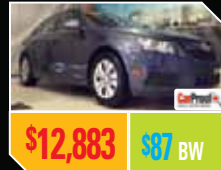
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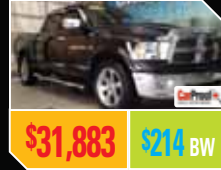
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Finance Minister Joe Ceci said he's heartened by some economic forecasts that say there's nowhere to go but up.
FRED CHARTRAND/THE CANADIAN PRESS

Budget will not change

ECONOMY

Government's goal unaltered despite lower oil prices: Ceci

Finance Minister Joe Ceci says the government's goal is to keep this year's deficit at \$6.1 billion despite oil prices that continue to slide.

Ceci said Tuesday he doesn't plan to make changes to his budget plan before the end of the financial year March 31.

"The goal is still to do what we said we were going to do," Ceci said in a conference call.

"Mid-course corrections (are) not something that I'm contemplating. The situation with commodities is dire, but it is for all of Canada, too."

Alberta's budget is based on an average West Texas Intermediate price of \$50 US for a barrel of oil. In recent weeks, the price has slipped well under \$40 a barrel.

As of Tuesday, it was below \$37.

Ceci said he's heartened by some forecasts that say there's nowhere to go but up.

"In some respects, people think it might be the bottom of the trough and that things are going to be building and getting better going forward."

"Certainly ... for Albertans that would be a really good outcome."

The province's long-term budget forecast is for multibillion-dollar deficits until 2019-20. There are also plans for \$34 billion in infrastructure spending over the next five years, bringing the projected capital debt by 2020 to more than \$47 billion.

The opposition parties have criticized Premier Rachel Notley's New Democrats for not doing more to rein in spending and for not having a plan to repay the capital debt.

On Friday, the international assessor Standard and Poor's reduced Alberta's credit rating to AA-plus from AAA in part because of the NDP's budget plan.

THE CANADIAN PRESS

IN BRIEF

Police lay charges after rifle found in stolen car

A 28-year-old man is facing a list of weapons charges after Edmonton police found a loaded assault rifle in the stolen vehicle he was driving.

The Edmonton Police Service spotted a reportedly stolen Honda Civic driving in the area of 101st Street and 103A Avenue at around

3:45 p.m. on Dec. 21. Police searched the Civic and found a loaded assault rifle and 40 rounds of ammunition.

Bobby Bugle is facing nine charges, including careless use of a firearm, possession of an offensive weapon dangerous to the public and possession of stolen property under \$5,000.

METRO

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CANNABIS

Convicted Canadians hoping for pardon

Marcus Richardson is, in the eyes of the law, a criminal.

Never mind that a judge ruled the six kilograms of cannabis police found in his car was for severely ill patients at a medical marijuana dispensary.

Or that the same judge imposed only a minimum sentence because anything more would fail to maintain "a just, peaceful and safe society."

Richardson's a criminal — and so are scores of other Canadians

who face barriers to travel and work because they were caught with a drug that the government now intends to legalize.

"My charge wasn't like, 'He was practising civil disobedience at a place that was helping sick and dying people improve the quality of their last days on earth,'" Richardson said.

"If the charge read like that, I'd have no problem with it. It reads like, 'I'm a marijuana trafficker.'" Canadians with criminal re-



Marcus Richardson
DARRYL DYCK/THE CANADIAN PRESS

cords for marijuana crimes are eagerly waiting to see if Prime Minister Justin Trudeau will offer pardons when pot is legalized. Tens of thousands are charged with possession every year, and if convicted face consequences that can be devastating.

Today, the 42-year-old father of three holds a federal licence to grow and possess marijuana and runs a business selling equipment for medical cannabis users.

THE CANADIAN PRESS



Drone enthusiast McKinley Raham lost his drone in a Toronto park, but was reunited after he made lost-pet-style posters. Transport Canada wants to make sure new pilots know the rules around operating drones. TODD KOROL/TORSTAR NEWS SERVICE

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Feds worry about UAVs

TRANSPORTATION

Drones a risk to manned aircraft, says director

A new toy under the tree this year is making Transport Canada nervous.

On Christmas morning, it's expected thousands of drones will be unwrapped and take to the skies in test flights across the country, all piloted by newbies.

With the "exponential" growth of the drone industry, the federal regulator wants to make sure the new pilots — and they are indeed pilots — know the rules and risks around operating their new machines.

"Our real concern given the growth in this industry is around the risk to aircraft in the air and to people on the ground," said Aaron McCrorie, Transport Canada's director gen-

eral of civil aviation.

McCrorie said few recreational drone operators have any training. "Ignorance is perhaps our biggest challenge. People don't know what it means to operate safely," he said.

The caution comes at the end of a year when commercial pilots have reported a growing number of worrisome encounters with drones, also known as unmanned aerial vehicles (UAVs). At times, they are just a nuisance.

In November, a "concerned citizen" in Cambridge reported a drone. "The drone was flying just below the street lights and over people's heads and very close to residences," according to a preliminary Transport Canada report.

The proposed rules would set out required training and age restrictions, depending on the type of drone and where it would be flown. For example, the rules don't allow drone flights within nine kilometres of an airport.

TORSTAR NEWS SERVICE



iStock

Close calls with drones

1 May

An Air Canada jet at Toronto's Pearson International Airport deviated from its flight path to avoid a UAV flying directly in the busy departure route.

2 July

The pilots of a Jazz Airlines Dash 8 turboprop reported a near miss with a drone during their arrival at Edmonton

International Airport. The crew initially thought it was another aircraft but as it passed below and to the left, the captain identified it as a UAV travelling in the opposite direction.

3 August

Water bombers fighting a forest fire in B.C. were grounded for several hours after a drone was spotted in the area. Afterward, the B.C. government said it would consider changing its Wildfire Act to possibly punish irresponsible drone operators.

IN BRIEF

Students killed in shell attack on Syrian school

The Syrian government and an opposition monitoring group say that at least nine students have been killed and several wounded by a mortar shell that slammed into their school in the northeastern city of Deir el-Zour.

Syrian TV says the shell that hit the Harabesh elementary school for girls in a government-held part of the city on Tuesday was fired by "terrorists" — the term the government uses for all armed groups fighting against its forces.

THE ASSOCIATED PRESS

U.K. sends advisers to Afghan district under siege

Fierce battles were underway Tuesday between Afghan forces and the Taliban in southern Helmand province, where the insurgents have almost completely captured a strategic district as Britain deployed military advisers to the restive area.

A British Ministry of Defence statement late Monday said that "a small number of U.K. personnel" have been deployed to Helmand "in an advisory role."

THE ASSOCIATED PRESS

Human-rights abuses alleged in Burundi

A group says independent experts should investigate Burundi's forces for alleged human-rights violations, including extra-judicial executions, rape and looting in the unrest over President Pierre Nkurunziza's extended tenure.

THE ASSOCIATED PRESS



Migrants arrive on the Greek island of Lesbos on Nov. 2 after crossing the Aegean sea from Turkey's coast.

THE ASSOCIATED PRESS

Over 1M migrated to Europe in 2015

REFUGEE CRISIS

The majority travelled by sea, say experts

More than one million people — driven out of their countries by war, poverty and persecution — entered Europe in this record-breaking year, migration experts said Tuesday, a symbolic milestone capping a mass movement of people that has challenged the concept of European unity.

With just days left in 2015, the Geneva-based International Organization for Migration said

1,005,504 people had entered Europe as of Monday, more than four times as many as last year. Almost all came by sea, while 3,692 others drowned trying to make the crossing.

IOM director-general William Lacy Swing urged European governments to make migration safer.

"We know migration is inevitable. It's necessary and it's desirable," he said, adding: "Migration must be legal, safe and secure for all — both for the migrants themselves and the countries that will become their new home."

The IOM compiles the numbers from government records

in Greece, Italy, Bulgaria, Spain, Malta and Cyprus, spokesman Joel Millman said. He noted that the real number of people entering Europe may be even larger, because authorities are struggling to track all arrivals given the sheer volume.

Most people entered Europe via Greece, which took in 820,000 people this year, nearly all of them crossing from Turkey by boat across the Aegean Sea.

Another 150,000 came

50%

About half of the people entering Europe were Syrians, while 20 per cent were Afghans and 7 per cent Iraqis, IOM said.

into Italy across the Mediterranean from north Africa, while smaller numbers crossed from Turkey by land into neighbouring Greece and Bulgaria.

Much smaller numbers arrived by boat to other Mediterranean countries.

Others — not accounted for in the IOM tally — crossed into Europe across other borders, such as a route from Russia to Norway where a few thousand people have crossed by bicycle. THE ASSOCIATED PRESS

RESEARCH

The science of Rudolph

Everyone knows Rudolph has a red nose but what about his eyes?

Prompted by questions from his four-year-old daughter, anthropology professor Nathaniel Dominy of Dartmouth College in Hanover, N.H., recently wrote a scholarly paper on how the unique properties of reindeer eyes might explain the advantage of having a very shiny nose, particularly if it produces red light.

Reindeer eyes include reflective tissue that appears to glow when light hits it. In reindeer, the tissue changes from a golden colour during the summer to a deep blue in winter.

"What happens is that at night, the animals are trying to dilate their pupils to allow as much light into the eye as possible," Dominy explained.

While that change could boost an animal's ability to spot food in the snow when daylight in the Arctic is dim and purplish, it would be a distinct disadvantage on a foggy Christmas Eve because fog blocks blue light, Dominy said.

Enter the red nose.

Of all the colours, red light travels through fog fastest, making it ideal for guiding Santa's sleigh. THE ASSOCIATED PRESS



A reindeer grazes at the California Academy of Sciences in San Francisco.

THE ASSOCIATED PRESS FILE



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Ski resorts still wait for snow

HOLIDAY ACTIVITIES

Unlike in the east, white stuff piling up in the west

A reversal of fortunes is afoot in Canada as the snow continues to pile up at western Canadian ski resorts while the grass is still on display on slopes in the east.

The conditions are in contrast to the past couple of years when warm winters wreaked havoc at many western ski resorts while frigid and snowy conditions in the east ensured hills packed with skiers and snowboarders.

Blue Mountain ski resort in Collingwood, Ont., north of Toronto, was all set for a Nov. 27 start date, but the snow just didn't show up — and hasn't in other parts of Ontario and Quebec either.

"We were all ready for the

27th; nature was not," said Tara Lovell, public relations manager for the resort.

The conditions are in stark contrast to free-falling snow in the West.

"B.C. in general has had an unreal opening start," said Cynthia Thomas, communications manager for the Canada West Ski Areas Association.

The heavy snowfall is being welcomed at Mount Washington on Vancouver Island, which was forced to close early the past two seasons due to lack of snow.

"The conditions have just been outstanding," said Don Sharpe, director of business operations for the resort.

Mount Washington has already had over 300 centimetres of snow in December, allowing it to open its more technical

terrain after a two-year hiatus and attract more skiers.

In the Rocky Mountains, the snow is also falling fast to the relief of resorts like Castle Mountain that were also forced to close early last year.

And so far, Alberta's economic downturn doesn't seem

to have had an impact on the ski resorts, with Sunshine Village near Banff, Alta. showing a 10 to 15 per cent increase in ticket sales, says Lindsay Gallagher, marketing co-ordinator

for the resort.

She said more Albertans are staying closer to home this season rather than travel for vacation, helping to boost season-pass sales. American travellers taking advantage of the low Canadian dollar are also helping to boost attendance.

THE CANADIAN PRESS

“

We were all ready for the 27th; nature was not.

Tara Lovell of Blue Mountain ski resort in Ontario



POLLUTION ITALIAN CITIES STRUGGLE TO DEAL WITH SEASONAL SCOURGE Smoke billows from chimneys in Milan Tuesday, adding to Italy's seasonal air pollution that has been worsened this year by long spells of no rain and little wind. Milan, joining efforts to battle pollution, is limiting the use of diesel cars and has asked residents to turn down thermostats by 1 degree while parents accompanying their children to and from Milan's schools can ride free on buses and trams. Meanwhile, Rome, as it has done several times this fall, is limiting the number of cars and motorcycles on its roads using a system based on license plates. And in northern Turin, public transport was free for two days this month to try to entice commuters away from cars. LUCA BRUNO/THE ASSOCIATED PRESS

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WHISKEY WARS

Lawsuit over Fireball trademark doused

Heated competition between producers of cinnamon whiskeys has cooled off, with Sazerac dropping its lawsuit against Jack Daniel's.

Sazerac — whose brands include the long-established Fireball Cinnamon Whisky — had accused its rival of trademark infringement by using the term "Fireball" in online ads for cinnamon-flavoured Jack Daniel's Tennessee Fire.

The legal fight ended quiet-

ly Monday when Sazerac filed a motion in federal court in Kentucky to voluntarily drop its claims.

Sazerac's motion did not say why it was dropping the case.

THE ASSOCIATED PRESS

Jack Daniel's now sells a line of flavoured products.

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Research shows this year's MERS virus outbreak in South Korea was due largely to "superspreaders" — social butterflies who infected up to 80 other people.

URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION I say it's OK to use emoticons in emails. My mom says no way. What do you say? — :)

Dear Ellen,
I say it's OK to use emoticons in emails. My mom says no way. What do you say?

:), Vancouver
Dear :),

If you're sending an invitation to a karaoke birthday party, the more emoticons/emoji the better. But if you're submitting a résumé or student application, best to avoid them. Then again, if the place you're applying to is clown school, then yes, go emoticon go.

As with many matters of etiquette, it depends.

Personally, I have no problem with emoticons in emails, which (unlike image-based emoji) are made with letters and symbols and can be fun and creative. ^_^

In fact, I wish I'd learned to use :D and ;) and :) and :P years ago when email was new and people were forging the proper approach to on-line etiquette.

For famously rude old-school journalists, the cursory way we dealt with each other in person and on paper only got worse with electronic communication. Though fussy about spelling and punctuation in published articles, our emails were and still are sharp, direct and barely literate, because, you know, our time is so damn valuable. (Also, no one is paying us by the word in an email.)

For my non-journo friends, however, this "quick, efficient" approach

An emoticon is most definitely recommended ... if there's any risk of misunderstanding.

was often perceived as "curt, rude and offensive." I've now learned that when a tight deadline or a long meeting does not permit sending a proper email, I can at least take the time to add a friendly smile or cheerful exclamation point to a one-word message in order to signal goodwill until I have more time to write or call.

An emoticon is most definitely recommended if you can't resist jocularity and there's any risk of misunderstanding. The difference between "Thanks a lot, hate you too" and "Thanks a lot, hate you too ;P" is vast.

As for more elaborate emoticons, I usually steer clear. For one thing, they

take too much shift-hunting and option-pecking on the keyboard. For another, they can be misconstrued. When you write, "Yes I did see the vicious reviews of my work on Twitter" and then add +_+ it's not really clear if the emoticon means "No comment" or "I am so freaked out, I got wasted and now I'm in a coma."

Finally, a word about image-based emoji. They're sometimes annoyingly inevitable, as when programs automatically translate your :) emoticon into a trademark happy face. And Google's decision to replace Gmail's retro emoji with grotesque yellow blobs is bewildering. But even those inelegant

shapes can amuse when you're stuck on the bus, idly composing inane messages to close friends or small children.

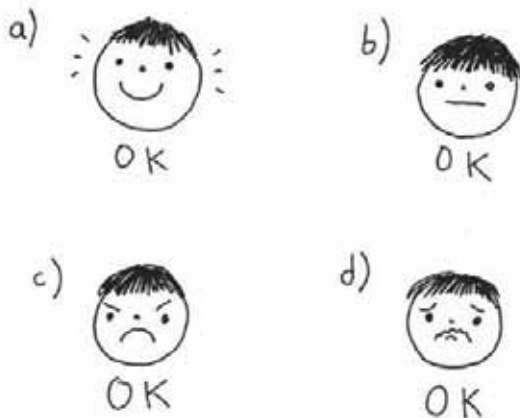
In short, dear :) in Vancouver, when it comes to using emoticons or emoji in emails or elsewhere, use common sense, err on the side of respectful restraint and never, ever use them with your mom.

Happy holidays!



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Here's how to stop Canada Post's slow-motion death march

R. Michael Warren



"We will stop Stephen Harper's plan to end door-to-door mail delivery in Canada and undertake a new review of Canada Post, to make sure it provides high-quality service at reasonable prices to Canadians, no matter where they live."

Of the hundreds of election promises made by Justin Trudeau, this one ranks among the most naive.

Ending home delivery for the one-third of Canadians who still receive it saves Canada Post more than \$200 million a year. It's a key part of its \$700-million Five Point Action Plan to make the corporation profitable.

The Liberals' "fully costed" campaign platform doesn't mention compensating Canada Post. It's as if the corporation can somehow lose \$200 million in savings and not slide back into operating losses — covered by taxpayer subsidies.

The "new review" of Canada Post implies there is a silver bullet that will allow it to deliver fewer letters to a growing number of addresses at a reasonable price.

The Harper government allowed Canada Post to struggle for years with a "Transformation Plan" that failed to deliver the promised financial and service results.

It hired Moya Greene, an executive with privatization experience, to head up Canada Post in 2005. She proposed a gradual privatization. The corporation was profitable, debt-free, worth about

\$1.5 billion and had a fully funded pension plan.

Harper failed to act when the conditions were most favourable. By 2013, Canada Post was bankrupt. Its pension plan was underfunded by \$6.5 billion. (All these financial obligations are guaranteed by Canadian taxpayers.)

The Harper government said if Canada Post would implement the tough five-point plan, it would receive four years of relief from making up its pension deficit. This delays but doesn't reduce the obligation.

The plan relies on rate increases and savings from removing home delivery. With pension obligations temporarily lifted, it produced a short-term profit last year. But by the middle of this year, it was again facing losses.

So Canada Post may soon be looking to the government for subsidies to continue letter mail service, something Trudeau neglected to mention. Meanwhile, its pension deficit swelled to \$6.8 billion.

Cheaper competitors can make money on all but remote rural routes. It's cheaper to pay them for this than to support Canada Post's monopoly.

Canada Post should sell its 90 per cent, \$1.5-\$2-billion stake in Purolator and be privatized, with the proceeds going to its debt and pension shortfall.

Trudeau should end Canada Post's death spiral with real changes that should have been implemented years ago.

R. Michael Warren is a former corporate director, Ontario deputy minister, TTC chief general manager and Canada Post CEO.

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Savoury pies a winter delight

NEW COOKBOOK

This book of 100 recipes will warm your belly all season

Members of Team Pie will love Dinner Pies — a 100-recipe book devoted to savoury pies to get them through the winter.

Focusing on hearty meat- and root-vegetable-based pies presented as a full meal, Dinner Pies' (\$36) first chapters are a primer of essential tools and ingredients for pie crusts, tips on rolling out the dough, and a dozen recipes for the crusts used throughout the book (sorry, no vegan options).

From there, about 100 recipes for savoury pot pies, hand pies, turnovers tarts, quiches, galettes, and cobblers fill the 269-page book. Classic pies — sausage and Guinness, Shepherd's pie and asparagus and goat cheese quiche are covered along with some more, ahem, American entries like Fritos chili pot pie, Tex Mex chicken tortilla pie and taco pot pie. You'll have to look at the author's previous books for the sweet pies.

Ken Haedrich is the man behind The Pie Academy website (thepieacademy.com), an online recipe hub and shop for all things pie-related. He's also written half a dozen other cookbooks centred

on American comfort food (he is from North Carolina, after all).

The Curried Chicken is Haedrich's "favourite chicken pot pie recipe."

Curried Chicken Pot Pie

There's enough filling here to make three or four individually sized pies. Cover extra filling with aluminum foil and store in fridge for an easily reheated dinner. The curry adds aromatics but not much heat, so if you want it spicy, add 1 tsp cayenne.

Ingredients

- 3 boneless, skinless chicken breasts
- 1/4 cup (1/2 stick) unsalted butter
- 1 cup finely chopped white onion
- 1 1/2 cup peeled and finely diced carrot
- 1 cup finely diced red bell pepper
- 1/4 cup all-purpose flour
- 2 tbsp mild curry powder
- 1 3/4 cups no-salt added chicken broth
- 1 1/4 cups whole milk or half-and-half
- 1 cup canned chickpeas, drained and rinsed
- 1 cup frozen peas
- 1/3 cup canned pumpkin puree (not pumpkin pie filling)
- 1/2 tsp table salt
- 1/4 tsp black pepper
- 1 large egg beaten with 1 Tbsp whole milk or half-and-half (to brush on top of pie crust)

Directions

Bring a medium-sized pot of water to a rapid boil over medium-high heat. Add chicken breasts and cook until no longer pink in middle, about 10 minutes. Remove from heat. Let cool to room temperature and dice into small cubes. Set aside.

Melt butter in a large pot over medium heat. Add the onion, carrot and pepper. Cook until vegetables soften, 10 minutes.

Add flour and curry powder. Stir, 1 minute. Add chicken broth slowly, stirring frequently to dissolve curry powder and flour. When broth thickens, add milk. Continue to cook at a slow simmer another 3 minutes, stirring frequently to prevent burning.

Stir in chicken, chickpeas, peas and pumpkin puree. Add salt and pepper. Taste. Adjust seasoning as needed. Continue cooking until the liquid in the pot becomes a thick gravy.

If making more than one pot pie, divide the filling into oven-safe ramekins or small pans that can each hold about 1 to 1 1/4 cups of filling. Make sure to leave a bit of room for the pie crust on top. Set aside.

Divide the pie dough ball into the number of pie pans you are using. On a lightly floured surface, roll out each dough ball



This curried chicken pot pie is The Pie Academy's Ken Haedrich's favourite chicken pot pie recipe. CONTRIBUTED

with a lightly floured rolling pin until the dough is slightly bigger than the diameter of the pie pan. Drape the flattened dough over the top of the pan, pressing any extra dough on to the side of the pan to seal the pie. Using a fork or a knife, poke two or three

holes in the centre of the crust. Repeat for the other pies.

Lightly brush the dough with the egg mixture.

Place the pot pies on an unlined baking sheet in the oven. Bake at

375 F for 35 to 45 minutes, until crust is golden-brown and filling is bubbling hot. Place on a cooling rack for at least 15 minutes before serving.

Makes 4 servings.
TORSTAR NEWS SERVICE

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Searching for True North flavour

NEW BOOK

A chef and writer travelled across Canada for cookbook

Revvng up a snowmobile to cook beans with its muffler was just one adventure had by chef Derek Dammann and writer Chris Johns while researching their stunning new book, True North.

But after a few hours touring a rural Quebec bush on a glorious -25 C day, the beans in their Muffpot cooker were still cold.

"There was a huge acreage and we went in the field, just 80 kilometres an hour, zoom, trying to get the engine hot enough to cook the beans," recalls Dammann.

They ended up cooking them on a stove.

"I do not endorse the Muffpot. They've got to make some serious changes," Dammann adds, chuckling.

In the foreword of True North: Canadian Cooking From Coast to Coast (HarperCollins Publishers Ltd.), British celebrity chef Jamie Oliver writes a laugh-out-loud

introduction to his friend of more than a decade.

The two chefs first met when Dammann lunched at Oliver's Fifteen restaurant in London, the day before he was due to fly back to Canada at the end of a trip to study European food. Despite "alarm bells ringing" that Dammann was "showing all the signs of an obsessive stalker," Oliver writes he agreed to Dammann's proposal to don an apron for a stint in the kitchen that night.

At midnight, when an impressed Oliver said he would have given him a job as a senior chef if he wasn't leaving the country, Dammann shouted, "I'll take it," cancelled his flight and worked at Fifteen for three years.

"Damn, that boy can cook," Oliver writes. "I really think he's up there with some of the absolute best chefs in the world."

Dammann laughs about Oliver's foreword during an interview at the publisher's Toronto office.

"I was ready to dance with it, just whatever it was, accept it, but then it's even funnier," says Dammann. "He calls me a virgin and a psycho. It's funny."

Oliver later invested in



Writer Chris Johns, left, and chef Derek Dammann were inspired by Canadian ingredients — from East-Coast cod, to spot prawns out West, to pulses and lentils on the Prairies. THE CANADIAN PRESS

Dammann's 50-seat Montreal restaurant Maison Publique, which opened just over three years ago and is quintessentially Canadian.

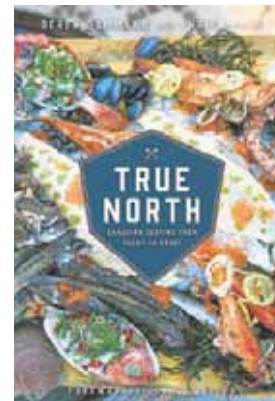
"There's a few artistic liberties, like there's olive oil and lemons and stuff like that. But 90 per cent of the menu is Quebec in

the seasons," says Dammann, whose former Restaurant DNA featured nose-to-tail eating.

True North, which alludes to the national anthem in its title, celebrates Canadian food through the experiences of Dammann and Johns, who spent

3 1/2 years gathering material for the book.

"There's a stereotype to Canadian food for sure, just like BeaverTails and back bacon and the poutine and ... doughnuts. Everyone's seen (the film) A Strange Brew and you get the



idea of what everyone's vision of what Canadian cuisine is," says Dammann, who grew up in Campbell River, B.C.

"But we just wanted to show through our eyes — with the ingredients and the travel and the stories — the way we look at it."

The chapters are arranged by ingredients from the locations that inspired them — Atlantic, Forest, Field, Farm, Orchard and Vineyard, and Pacific — and illustrated with gorgeous food and landscape photos.

THE CANADIAN PRESS

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SEASON RECAP

Fargo series took on a life of its own

Fargo's second season is over, but many of us remain mesmerized by it, as if we were flat on our backs staring up at a UFO.

In the midst of the TV industry's creative and cultural peak, the Calgary-produced show slipped onto the scene and quietly, steadily propelled itself up critics' best-of lists.

The first season of creator Noah Hawley's anthology for FX was tremendous in its own right — it effortlessly shrugged off any expectations viewers had in connection with Joel and Ethan Coen's iconic 1996 film — but Fargo's second season is even better.

Fargo succeeded by using snippets of multiple dramatic constructs to assemble a first-rate, postmodern pastiche that felt familiar and fresh all at once.

In Season 1, Hawley wove elements of the Fargo movie into his plot, paying homage to the Coen Bros.' genius at nearly every turn.

To help give the TV version of Fargo a life of its own, Hawley created unforgettable standalone roles in Season 2 with no connection to the tale that preceded it.

Each had a crucial place in the plot's house of cards; never did you get the sense (as you did in True Detective's second season) that scenes had to be divided equally among the major stars. Instead, you can't imagine Season 2 of Fargo without any of them.

The end result of Hawley's brilliant splicing process intentionally blurred the lines between the movie and the first two seasons — a third season is scheduled for the spring of 2017 — and between objective and subjective reality.

TORSTAR NEWS SERVICE



Kirsten Dunst in Fargo.
HANDOUT

JOHANNA SCHNELLER WHAT I'M WATCHING

Show exposes incompetence

THE SHOW: Making a Murderer, Episode Four (Netflix)

Brendan Dassey, a 16-year-old boy with an IQ of 75, phones his mother from prison in Manitowoc County, Wisc. He's just confessed that he and his uncle, Steven Avery, raped and murdered photographer Teresa Hallbach.

"I didn't do it, though," he tells his mother (Avery's sister). "But why did you say it if you didn't do it?" she cries, audibly panicked. "I guessed," Brendan says. "Like I guess at my homework."

You might want to watch this true-crime series behind closed doors, because I guarantee you will be yelling at your screen. It follows Avery's case over a ten-year period. The gross incompetence it exposes — of the police, lawyers, and judges — is breathtaking, and the degree to which they manipulate people and facts is deeply troubling.

Making a Murderer feeds the appetite for true crime stories evinced by the huge successes of the podcast Serial and HBO's miniseries The Jinx: The Lives and Deaths of Robert Durst.

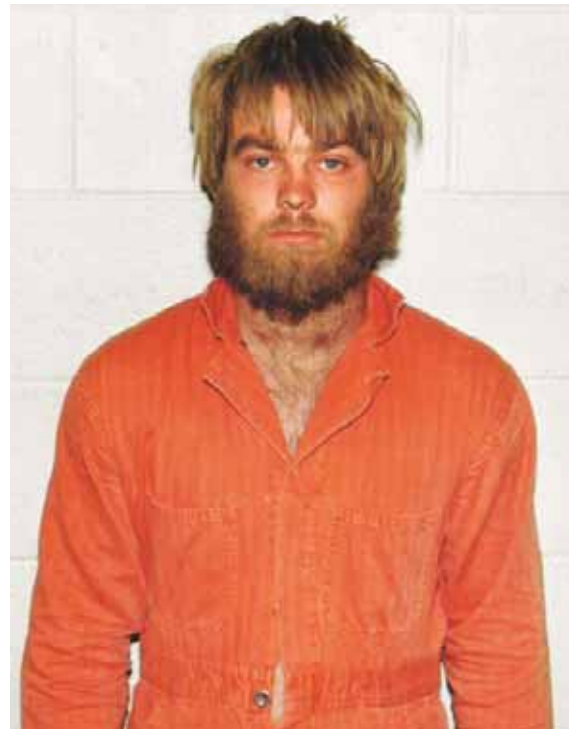
If the first season of the former was about race in America

“You might want to watch this true-crime series behind closed doors, because I guarantee you will be yelling at your screen.”

(the second season just started), and the latter about money, Making a Murderer is about class. Avery's family owns an auto salvage business (much of the voiceover is accompanied by shots of rusting cars). They're undereducated (his mother calls newsmagazine shows, "Them things that's on TV always"). His girlfriend is in and out of prison for drunk driving. Seeing what easy targets they are will make you queasy.

"Poor people lose," Avery sums up. "They lose all the time."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Making a Murderer is a show that is ultimately about class.
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Director X's surprise Hotline Bling success

VIDEOS

Man behind hit video talks success and Drake

Through the seemingly endless stream of parodies and fan adulation for Drake's viral Hotline Bling video, perhaps no one has been more surprised by its success than its Toronto director.

"It was incredible," said Director X (real name Julien Christian Lutz) of the reaction to video, which has surpassed 245 million views.

"I was really blown away. I didn't expect it to be so big. It's crazy."

X, as he's often referred to, has been directing videos for some of the world's biggest recording artists for 20 years now. They include Kendrick Lamar, Usher, Justin Bieber, Nicki Minaj, Timbaland, Jay-Z, Alicia Keys and John Mayer, to name but a few.

He's also getting into big-screen projects and is directing his second feature film, Center Stage 3: Dance Camp.

He shot Hotline Bling through his production company, Creative Soul, in Toronto in September. It was his third time working with Drake after Worst Behaviour and Started from the Bottom.

"He's a great collaborator," said X. "He definitely knows what he wants and even has an understanding of what's going to work. It's a good experience working with him."

"It's good to be working with someone that's more of a partner than just some guy who shows up and then stands in front of the camera and leaves," X continued.

"He's involved, top to bottom, beginning to end. He's not leaving anything for someone else to figure out for him."

Hotline Bling, which debuted in late October, has become a sensation, largely because of Drake's slow body-roll dancing

in it.

But it was X's artistic vision that emphasized the moves.

The video starts with a shot of curvaceous women working in a cubicle-divided call centre. It then cuts to Drake (whose real name is Aubrey Graham) doing a series of shimmy-shuffle grooves on a minimalistic, illuminated set featuring light boxes and stairs.

Overall, the goal was "just doing a big performance piece," said X, noting he was asked to do something along the lines of his Temperature video for Sean Paul.

"I have a graphic style, I like sets, I'm very into architecture and design," said X.

"You pull things from, you know, 'Look at that building, the way they built the wall.' You're pulling all these different influences and mixing them with your own ideas and coming out the other side with something."

The Brampton native got his start as an intern at MuchMusic in the mid-'90s.

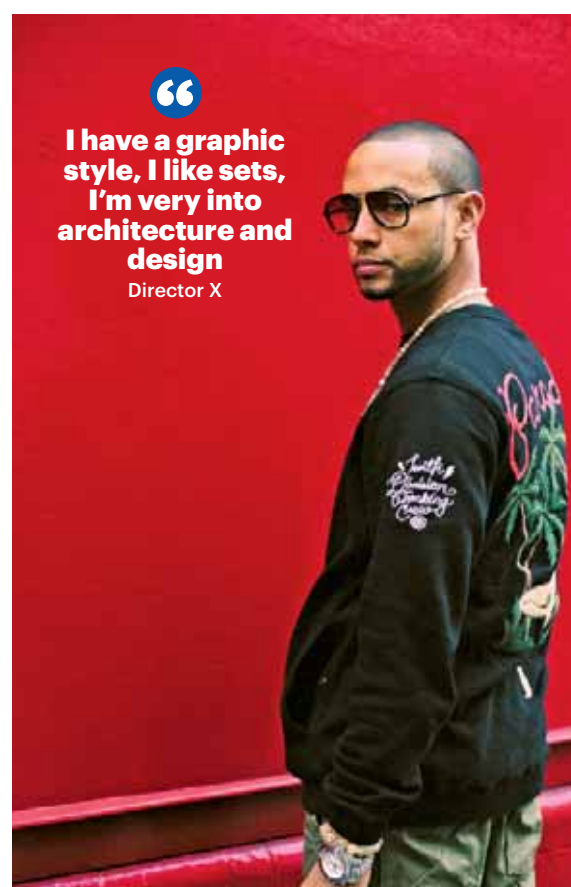
"I was just beginning to look at music videos. I didn't really know there was a career," he said with a laugh.

"Then I found, 'Oh, this is really a thing,' and I was already pursuing it. But it was like, 'Oh, there's a life here.' There were no grand plans. It's just what I wanted to do."

He studied and learned a lot on his own, through books and hands-on experience in New York, where he worked under hip-hop music video pioneer Hype Williams.

"The main lesson I really learned from him is when he told me that (a music video) has to be about something. That was eye-opening," said X.

"And that's what the Drake piece is about: the sets and the colour changes. 'Gimme the Light' (by Sean Paul) is about the sets. You can make something about something, even though it's not in the narrative sense.... It doesn't have to be a story, it can be about shoes, it can be about a colour." THE CANADIAN PRESS



Brampton, Ont., native Director X got his start as an intern at MuchMusic in the mid-'90s. COURTESY DIRECTOR X/TORSTAR NEWS SERVICE



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It ain't heavy, it's the Tahoe



REVIEW

Quick steering response makes Chevy SUV feel much smaller

Jill McIntosh
For Metro Canada



Between gas prices, congestion and parking woes, full-size SUVs don't have the cachet they once did. But there's still a place for them, and so GM has completely redesigned its Chevrolet Tahoe and Suburban.

The two are essentially the same, but the Suburban rides on a longer wheelbase, with more legroom and cargo space. The 2015 models got the update, while the 2016 versions are unchanged except for some trim items.

I drove the Tahoe. Like the Suburban, it uses a 5.3-litre V8 as before, but this is a new version that, at 355 horsepower, is more powerful than the 320-horse version it replaces. It comes in two- or four-wheel drive, and when properly equipped, it can tow up to 3,856 kg (8,500 lbs), an important factor in a vehicle that many people buy in place

of a truck. For all its bulk, and it is big, the Tahoe doesn't feel heavy. Much of that has to do with its quick steering response, which makes it feel like you're piloting something much smaller. The cabin is extremely quiet, and the strong engine accelerates swiftly and smoothly when power is needed. Its fuel economy will seem high if you're accustomed to a smaller crossover, but its published figures are the best of its competitors.

The interior is handsome, and the first- and second-row seats are comfortable, but the third row is another story. Perched above the rear axle, these flat-cushioned chairs are close to the floor and leave you sitting with your chin on your knees. Unless you have small children, or friends desperate for a ride, you'll probably keep them folded down to give you more cargo space.

Available in three trim lines, the Tahoe also offers a number of option packages that add some nice features but also can get pricey. My mid-range LT trim was optioned to more than \$68,400, but still didn't have a navigation system. That said, for those in the market for a full-size SUV, Chevrolet's redesigned version is very well done and worthy of a look.

“Its fuel economy will seem high if you're accustomed to a smaller crossover, but its published figures are the best of its competitors.”

THE CHECKLIST | 2016 CHEVROLET TAHOE

THE BASICS

Type. Four-door, 7- or 8-passenger full-size SUV
Engine (hp/torque). 5.3-litre V8 (355/383)
Transmission. Six-speed automatic
Price. \$52,740 (base), \$68,435 (tested), plus destination

COOL FEATURES

- Wireless phone charging
- Heated steering wheel
- Heated and cooled front seats
- Rain-sensing wipers
- Adaptive cruise control
- Front collision warning with automatic braking
- Tri-zone automatic climate control



JILL MCINTOSH/FOR METRO; MAIN: COURTESY GM

POINTS

- The GMC Yukon and Yukon XL are the mechanical twins to the Tahoe and Suburban, but slightly more upscale and pricier.
- The 5.3-litre V8 uses active fuel management, which shuts off fuel to half the cylinders when full power isn't needed for better efficiency.
- If the lane departure system notices you drifting out of your lane, it vibrates the seat as a warning.

MARKET POSITION

Large SUVs are a niche market, but can be popular with those who need passenger and cargo space while towing boats or trailers. GM and Ford are the only mainstream companies to offer one model in two different lengths.

THE COMPETITION



Ford Expedition
Base price: \$52,399



Dodge Durango
Base price: \$41,895



Toyota Sequoia
Base price: \$54,535

TECH TRADE SHOW

Automotive presence to be bigger than ever at 2016 CES

In recent years the Consumer Electronics Show in Las Vegas has been reenergized as an event for providing consumers with a peek into the automotive world of the future and at this year's show, which runs Jan. 6 to 9, 2016, a new record is expected in terms of the number of automakers in attendance.

Aston Martin

It can still compete in terms of esthetics, but in every other department, James Bond's automotive brand of choice

is slipping further and further behind the competition. However, all of that is expected to change in the year ahead, starting with CES where the company is tipped to present its first connected car concept.

Audi

No stranger to the event, or to wowing the crowds with autonomous technology, Audi is tipped to unveil a new flagship A8 luxury sedan complete with a production-ready version of its piloted driving and remote parking systems.

Rinspeed

The Swiss design studio is showing an autonomous car concept called the Etos. Based on the BMW i8 it even has its own drone that can take to the sky to check out the road ahead or be sent out for pizza when stuck in traffic.

Bosch

One of the most intriguing of the German automotive supplier's showcases will be a crowd-sourced take on finding a parking space. "With the help of sensors, cars identify

and measure the gaps between parked cars as they drive past them. The information they record is transferred to a digital road map," explains Gerhard Steiger, president of the Bosch Chassis Systems Control division.

Continental

The tire maker and component supplier will be giving real-world demonstrations of its Dynamic eHorizon connected car platform that, in Continental's own words, lets you see around the corner. "Predictive driving

is safe driving. This is what any driver learns in driving school," said Ralf Lenninger, head of Innovation, System Development and Strategy.

Volkswagen

Rumours are flying that a new car based on its iconic Microbus will be unveiled in Las Vegas; however, all VW will say is that it will be a "completely new concept car" and that it will mark "the beginning of a new era of affordable long-distance electromobility."

AFF



Rumour has it a new car based on Volkswagen's iconic Microbus will be unveiled.

TORSTAR NEWS SERVICE FILE

Forecasting the must-have car tech picks

EQUIPMENT AND FEATURES

Best options to choose in a 2016 car, according to Autotrader

Autotrader has been crunching the data, going through the options lists and examining historical consumer sentiment in order to put together its guide to

the best options to select if buying a new car in the year ahead.

Buying a new car has never been easier. BMW's new web portal, for instance, can take care of the whole process in just 10 minutes, all from the comfort of your living room.

However, the lists and array of optional equipment and features, even on the most mass-market cars, have never been longer or more complex and it's often impossible to know

what is worth the investment.

"All of the major automakers are racing to integrate the latest and greatest features into their vehicles," said Brian Moody, executive editor at Autotrader. "The last several years have seen great advances in automotive technology, from features that keep drivers safer to some that make the car infinitely more entertaining to drive. And in 2016, we'll see many of these features make their way into a

wider variety of vehicles."

To clear up the confusion, Autotrader has curated a list of the features that it believes will be the best options to pick in a 2016 car.

A 360-degree camera

In the U.S., a reversing camera is already obligatory, but more and more companies, from Audi to Nissan, are now taking the technology to another level by offering virtual all-round or bird's-eye

views of the car's surroundings for missing any obstacle when reversing.

Self-parking

All mainstream motor manufacturers now have a self-parking system as standard or optional equipment that can cope with both perpendicular and parallel spaces. It is faster and more reliable than most humans, and is already one of the most commonly specified features for European car buyers.

Automatic steering

Autotrader is using this as an umbrella term for a number of different lane-keeping, traffic jam assist and highway-piloting systems that are beginning to trickle down from concept to production. According to Bosch's figures, lane-keeping features alone are enough to prevent up to 28 per cent of accidents resulting in injury caused by poor lane discipline.

LED headlamps

They look cool but they

also do a better job of illuminating the road than any other current-generation headlamp technology. On Audis, Mercedes and now even the latest Fords, the LEDs can automatically re-focus so as not to dazzle oncoming drivers, shine around the car ahead and even bend to brighten a corner before steering into it.

Smartphone integration

Consumers want access to apps and other smartphone services while behind the wheel and they prefer the systems on their handsets to the ones that car companies are offering. Therefore, better smartphone integration, via Android Auto or Apple CarPlay, is going to be a true must-have for anyone that wants hands-free calling and turn-by-turn navigation. AFP

Better smartphone integration is among the tech features car shoppers may want to keep an eye on in the new year. iSTOCK



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Receive \$750 (on 2016 model years) or \$750 (on 2015 model years) towards the purchase or lease of a new Ford Focus, Mustang (excluding 50th Anniversary Edition and Shelby), Taurus, Flex, Escape, Expedition, Transit Connect, E-Series Cutaway, Transit Van, Transit Connect, Transit Connect (Chassis Cab), F-150, F-250, F-350, F-450, F-550, F-650, F-750, F-850, F-950, F-1000, F-1100, F-1200, F-1300, F-1400, F-1500, F-1600, F-1700, F-1800, F-1900, F-2000, F-2100, F-2200, F-2300, F-2400, F-2500, F-2600, F-2700, F-2800, F-2900, F-3000, F-3100, F-3200, F-3300, F-3400, F-3500, F-3600, F-3700, F-3800, F-3900, F-4000, F-4100, F-4200, F-4300, F-4400, F-4500, F-4600, F-4700, F-4800, F-4900, F-5000, F-5100, F-5200, F-5300, F-5400, F-5500, F-5600, F-5700, F-5800, F-5900, F-6000, F-6100, F-6200, F-6300, F-6400, F-6500, F-6600, F-6700, F-6800, F-6900, F-7000, F-7100, F-7200, F-7300, F-7400, F-7500, F-7600, F-7700, F-7800, F-7900, F-8000, F-8100, F-8200, F-8300, F-8400, F-8500, F-8600, F-8700, F-8800, F-8900, F-9000, F-9100, F-9200, F-9300, F-9400, F-9500, F-9600, F-9700, F-9800, F-9900, F-10000. Excludes taxes, title, license, dealer fees, and optional equipment. *Offer valid from November 3, 2015 to January 4, 2016 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before October 31, 2015. 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Former Tampa Bay coach doesn't expect the Steven Stamkos hysteria to die down soon: 'It's big because Stammer's big'

McDavid, we're lovin' it

OILERS

Edmonton eating up craze over Connor as he nears return

It can be found on the odd wind-worn lamppost on downtown streets of Edmonton — a loon-sized sticker that is equal parts idolatrous and sacrilegious.

It's the Oilers logo with the oozing O-I-L-E-R letters replaced with others: McJesus.

Edmonton Oilers rookie phenom forward Connor McDavid is expected to return from a cracked clavicle in either late January or early February, but he has already made a transformative impression on a hockey-loopy city that hasn't beheld a playoff team for a decade.

Walk into Jack Jensen's sports memorabilia store in West Edmonton Mall and there's a full Connor McDavid photo display underneath the cash register.

On the walls are framed pictures of McDavid, and McDavid's first NHL goal.

There are packs of Connor McDavid cards and autographed Connor McDavid jerseys. (The signed jersey is yours for \$649.95).

McDavid, said Jensen, has reinvigorated sales for all things Oilers at his West Edmonton Coin and Stamp shop.

"Everything's selling for Connor," Jensen said.

The Connor biz has been booming ever

since the Oilers won the right eight months ago to select him first overall in the NHL draft.

The 18-year-old from Newmarket, Ont., has not disappointed.

After just one goal in his first four games, the centre hailed as the next Sidney Crosby/Wayne Gretzky totalled 12 points in the next nine to take over as the team's top scoring threat.

His impact is everywhere in a city where hockey is not just a sport, it's geog-

raphy where north-end commuters take Mark Messier Trail and get to the rink via Wayne Gretzky Drive.

The ripple effect goes beyond the city.

Fans chanted McDavid in the

closing notes of the national anthem at an Oilers pre-season game in Saskatoon.

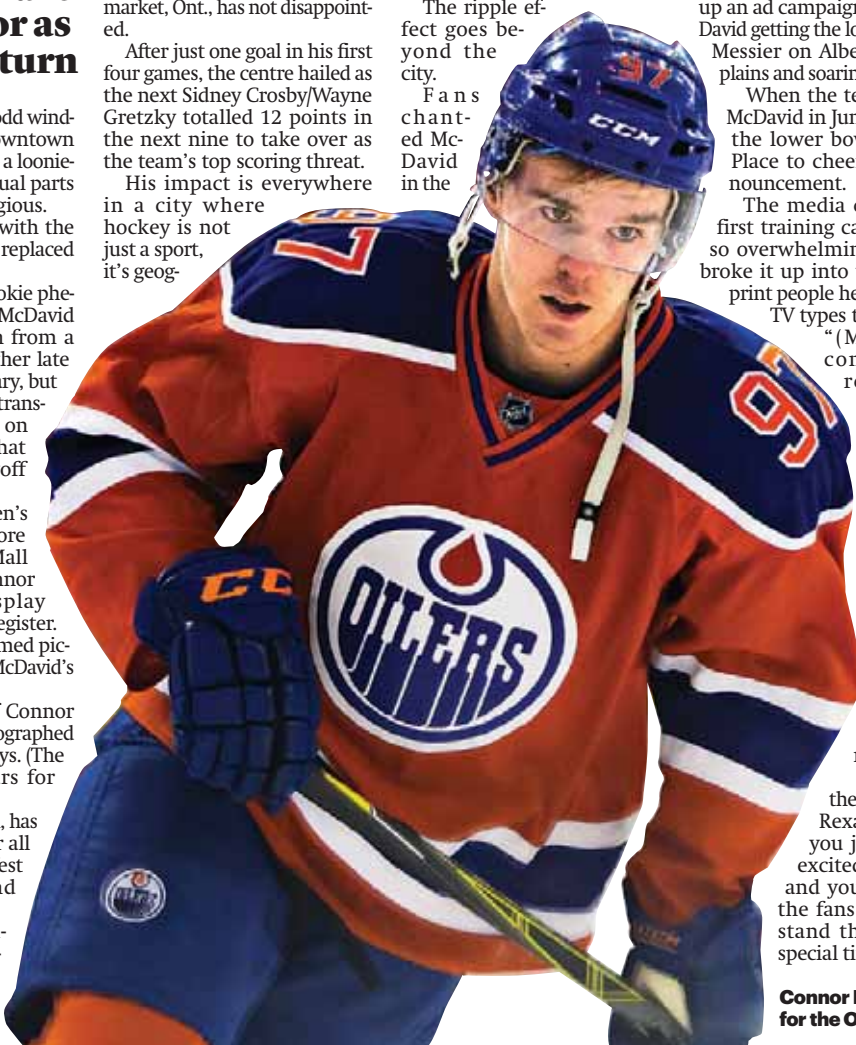
NHL broadcaster Rogers built up an ad campaign around McDavid getting the lowdown from Messier on Alberta's rolling plains and soaring mountains.

When the team selected McDavid in June, fans filled the lower bowl of Rexall Place to cheer on the announcement.

The media crush at his first training camp became so overwhelming, handlers broke it up into two scrums: print people here, radio and TV types there.

"(McDavid's) come in and really committed himself to being a great pro in the NHL and doing all the things he needed to do to be a great teammate as well," said Tim Shipton, Oilers vice-president for communications. "You walk the concourse at Rexall Place and you just see how excited people are and you know that the fans also understand that this is a special time, and that

Connor McDavid has reinvigorated fans' excitement for the Oilers. JASON FRANSON/THE CANADIAN PRESS



NHL IN BRIEF

Canucks edge Lightning on Daniel Sedin's goal

Daniel Sedin scored the go-ahead goal in the third period, Jacob Markstrom made 26 saves and the road-weary Vancouver Canucks beat the Tampa Bay Lightning 2-1 on Tuesday night.

Sven Baertschi also scored for the Canucks, who finished their road trip 2-3-1. Vancouver, which had one power play, allowed just one goal on 10 short-handed opportunities.

Tampa Bay got a goal from Jonathan Marchessault. THE ASSOCIATED PRESS

Zuccarello boosts Rangers past Ducks in overtime

Mats Zuccarello scored a power-play goal at 2:37 of overtime and the slumping New York Rangers beat the Anaheim Ducks 3-2 Tuesday night for their fourth win in 15 games.

Derrick Brassard had two goals and an assist as the Rangers snapped a three-game losing streak. Henrik Lundqvist made 17 saves. THE ASSOCIATED PRESS

Allen and Blues shut out red-hot Bruins

Jake Allen stopped 32 shots for his fifth shut-out, Vladimir Tarasenko and Robby Fabbri scored third-period goals and the St. Louis Blues cooled off the Boston Bruins with a 2-0 victory Tuesday night.

It was only the second regulation loss in 16 games for Boston (11-2-3). St. Louis posted its fifth win in seven games. THE ASSOCIATED PRESS

ESKIMOS

Bowman, Sewell signed to extensions

The Edmonton Eskimos have locked up two big pieces of their Grey Cup-winning team.

The Eskimos announced Tuesday that the CFL club has extended the contracts of slotback Adarius Bowman and defensive tackle Almondo Sewell through the 2017 season.

Bowman recorded 1,304 receiving yards on a league-high 93 catches with a career-high seven touchdowns last season in 17 games, all starts. He had

five 100-plus yard receiving games this season, including a 12-catch, 208-yard performance with a touchdown in a Week 18 win over Montreal.

Bowman recorded six catches for 74 yards and one touchdown in the Eskimos' CFL West final win over Calgary, then put up four receptions for 73 yards, including a 23-yard touchdown in the first quarter, in Edmonton's 26-20 Grey Cup win over Ottawa.

In the Grey Cup, Bowman

27

Sewell has 27 career sacks in five seasons.

had four receptions for 73 yards, highlighted by a 23-yard touchdown in the first quarter.

Entering his ninth season, the CFL all-star has amassed career totals of 448 catches for 6,729

yards and 34 touchdowns.

Sewell recorded 35 defensive tackles, four quarterback sacks, one forced fumble and one knockdown in 18 games starts in 2015.

Earlier this month, he was named a West Division all-star and a CFL all-star for the third consecutive season.

Sewell has 155 career defensive tackles and 27 quarterback sacks over five seasons.

THE CANADIAN PRESS



Slotback Adarius Bowman recorded a CFL-best 93 catches in 2015. GETTY IMAGES FILE

RECIPE Roasted Shrimp and Broccoli over Soba Noodles



PHOTO: MAVA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada



Skip takeout and whip up this easy noodle dish.

Ready in
Prep time: 25 minutes
Serves 4

Ingredients

- 1 x 8 oz package of soba noodles
- 1 lb large shrimp, peeled and cleaned
- 1 head of broccoli, trimmed into small florets
- 4 Tbsp vegetable oil
- 2 Tbsp sesame oil
- 2 Tbsp rice wine vinegar
- 2 Tbsp lemon juice
- Salt and pepper to taste

Directions

1. Preheat the oven to 425 F. Get a big pot of water on to boil.
2. In a small bowl, mix together your oils, vinegar, lemon juice and a bit of salt and pepper. In a large

bowl, toss together your broccoli and half of that marinade. Now spread it out evenly across two baking sheets and pop it in a hot oven for 10 minutes.

3. In that same bowl, toss your shrimp with the other half of the marinade. When the broccoli has been in the oven for 10 minutes, take out the sheets, turn the broccoli over and add the shrimp evenly across the two sheets. Put it all back in the oven for another 10 minutes.

4. Cook your soba noodles according to package instructions.

5. In the final 2 or 3 minutes, take the baking sheets out and give everything another stir. In the end the broccoli should be firm but tender and all the shrimp should be opaque and pink.

6. Drain the soba noodles and turn them out onto a big platter. Spoon the broccoli and shrimp over top. Pour any juices that have accumulated in the pan on top.

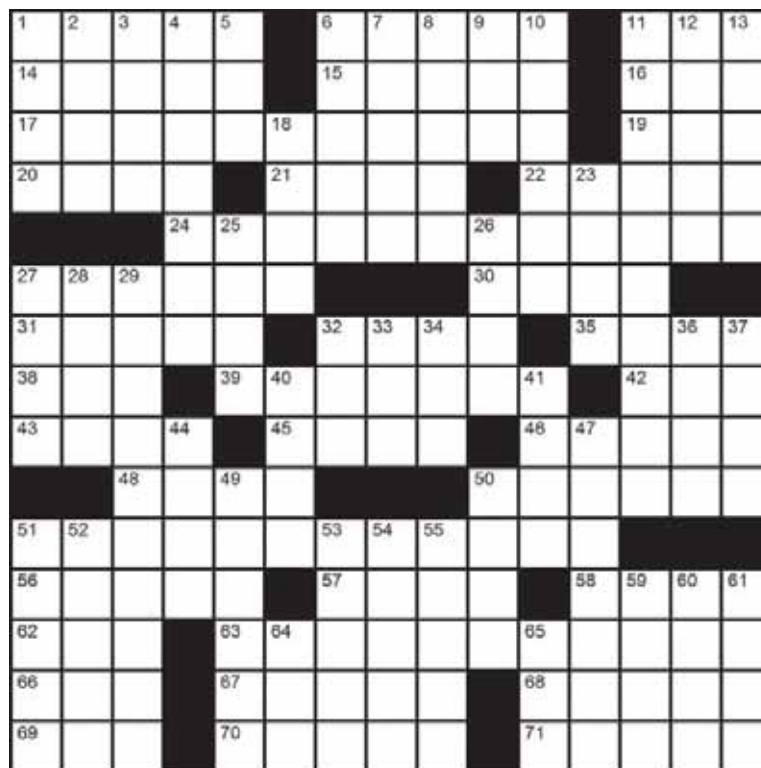
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Sleigh Ride" bit: "...up, let's go..."
6. Nova Scotia island
11. Month parts [abbr.]
14. Blazing
15. Mountain chain
16. 'Serpent' suffix
17. Seasonal tune covered by Canadian singer Kim Stockwood: "It's a _ World"
19. Christmas beverage
20. 'Kitchen' suffix
21. Brain wave
22. Like poodle skirts now
24. Trendy Christmas fashions: 2 wds.
27. Progresses
30. Prod
31. Surrealist artist Max
32. Orange juice stuff
35. "... it about time?"
38. Stop- _
39. House levels, variantly
42. "Gosh!"
43. Singer on "Do They Know It's Christmas?": Boy George aka George O' _
45. To the _ (Fully)
46. 'My Christmas Favorites': Tennessee _ Ford album
48. Cartoon bear
50. Scant
51. "The Twelve Days of Christmas" has eleven: 2 wds.
56. "I'm dreaming of a white Christ-



mas / Just like the _ _ used to know..." - Irving Berlin

71. Heads: French

DOWN

1. Up for it
2. "... first you don't succeed..."
3. Soil
4. #49-Down is based on his book: 2 wds.
5. Slangy affirmation, variantly
6. "A Very _ Christ-

mas" (1988 TV movie starring a '70s family sitcom cast)

Sarah McLachlan that starts "Lake is frozen over..."

12. Bouillon brand

13. Some lilies

18. Wire diameter measures

23. Needle case

25. Comprehends

26. Catch a glimpse

27. Remain unsettled

28. Jason's craft

29. Rocky Mountain features: 2 wds.

32. Taro root dish

33. Website

34. Permit

36. Film _ (Movie genre)

37. Yoredom's 'you'

40. Not that

41. Visible

44. Performs

47. "Alexander's _ Band" by #56-Across

49. Jim Carrey's 'Mean' 2000 Christmas role

50. Pine for

51. Make a brief visit: 2 wds.

52. Brief beginning

53. Washington's _ Sound

54. "... potential." (House buyer's observation)

55. "Christmas All Over Again" by Tom _ & The Heartbreakers

59. Hilarious human

60. Feminine suffix

61. #19-Across ingredients

64. UN workers agcy.

65. Kit _ (Chocolate treat)

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Go your own way and do your own thing. Don't expect support from others. You'll discover you're better off without them anyway. You know what needs to be done, now do it.

Taurus April 21 - May 21
Your instincts will guide and protect you. Don't be fearful. Anyone who doubts that you can be original will have those doubts silenced. Now is the time to take chances.

Gemini May 22 - June 21
You will give freely of your time and energy today but take care that your generosity is not abused. Sometimes you can be too easy-going for your own good. Give only to those who deserve your help.

Cancer June 22 - July 23
Surprises are likely, so brace yourself for unexpected changes. You may not have much control over what's taking place in your life, but that does not mean you won't enjoy it.

Leo July 24 - Aug. 23
If you're going to take a risk, if you're going to put everything you've gained on the line, now is the time. There is no guarantee you'll win but the odds are definitely in your favour.

Virgo Aug. 24 - Sept. 23
You will go against accepted wisdom today. Deep down you know your way is best, even if the whole world is against you. You will make some outrageous decisions, and each and every one of them will be right!

Libra Sept. 24 - Oct. 23
You will surprise yourself and do something that scares you. You might even make a success of it. But even if you don't you'll still impress people in positions of power.

Scorpio Oct. 24 - Nov. 22
Do what makes you happy, not what makes other people happy. If that makes you unpopular in certain circles, so be it. You might find yourself better off financially without them as well.

Sagittarius Nov. 23 - Dec. 21
You feel inspired to do something out of the ordinary. Whatever it may be, and whatever the reaction, you're sure to make a success of it and you're sure to make money from it.

Capricorn Dec. 22 - Jan. 20
Let your hair down and let others see you are not at all the conservative Capricorn they think you are. Don't worry if you shock certain people. The way to get noticed nowadays is to act just a little bit outrageous.

Aquarius Jan. 21 - Feb. 19
Don't worry if you fall behind in your everyday routine. What matters is that you give some thought to the direction your life is heading. A change of course may be necessary.

Pisces Feb. 20 - March 20
You have to be a bit more adventurous now. If you want to get in other people's good books then do something different, something they would never expect of you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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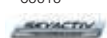
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